



POLSKA UNIA KARATE TRADYCYJNEGO

**Polska Unia Karate Tradycyjnego**  
**Polish Traditional Karate Union**

**ul. Grunwaldzka 15D, 32-005 Niepołomice**  
**www.pukt.pl**

**To: Traditional karate clubs from around the world**  
**Re: Open Traditional Karate-Do World Cup**

# **III OPEN TRADITIONAL KARATE-DO WORLD CUP**

**in all age categories from Children to Seniors**

**8th-9th of June 2024, Puławy, Poland.**

**DATE:** 8th-9th of June 2024 (Saturday and Sunday)  
**PLACE:** SPORTS HALL, Lubelska 59, 24-100 Puławy  
**HELD BY:** Polska Unia Karate Tradycyjnego (Polish Traditional Karate Union)  
Puławska Akademia Karate Tradycyjnego, Akademia Karate Daniela Iwanka,  
Klub Karate Tradycyjnego Chidori

**A detailed start schedule for each age group will be determined one week before the Cup and sent to the clubs.**

# RULES AND REGULATIONS

## OPEN TRADITIONAL KARATE-DO WORLD CUP

COMPETITIONS HELD DURING THE OPEN WORLD CUP	
INDIVIDUAL KATA	INDIVIDUAL KUMITE
TEAM KATA	

CATEGORIES	
<b>CHILDREN Group A – up to 7 y/o</b> (born 2017 and later)	<b>CHILDREN Group B – 8 and 9 y/o</b> (born 2016, 2015)
<b>CHILDREN Group C – 10 &amp; 11 y/o</b> (born 2014, 2013)	<b>CHILDREN Group D – 12 &amp; 13 y/o</b> (born 2012, 2011)
<b>CADETS: 14-15 y/o</b> (born 2010, 2009) <b>ranks: 6 kyu – dan</b>	<b>JUNIORS: 16-17 y/o</b> (born 2008, 2007) <b>ranks: 5 kyu - dan</b>
<b>YOUTH: 18-20 y/o</b> (born 2006-2004) <b>ranks: 3 kyu – dan</b>	<b>SENIORS: 21 y/o and older</b> (born 2003 and earlier) <b>ranks: 3 kyu - dan</b>

CHILDREN – Group A, B, C, D
-----------------------------

INDIVIDUAL KATA (girls' and boys')			
Group A – up to 7 y/o (born 2017 and later)	Group B – 8 and 9 y/o (born 2016, 2015)	Group C – 10 & 11 y/o (born 2014, 2013)	Group D – 12 & 13 y/o (born 2012, 2011)
1 group...  regardless of kyu rank.  <b>Elimination rounds-Semifinals-Final:</b> HEIAN Kata.  Kata is matched to the lower rank. The referee (Shushin) chooses and announces kata.  <b>Judging: flag system.</b> The elimination system with repechage will be applied.	3 subgroups based on rank:  to 8 kyu 7 kyu, 6 kyu <i>and higher</i> .  <b>Elimination rounds-Semifinals-Final:</b> HEIAN Kata, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.  Kata is matched to the lower rank. The referee (Shushin) chooses and announces kata  <b>Judging: flag system.</b> The elimination system with repechage will be applied	3 subgroups based on rank:  to 7 kyu 6 kyu, 5 kyu <i>and higher</i> .  <b>Elimination rounds-Semifinals-Final:</b> HEIAN Kata, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.  Kata is matched to the lower rank. The referee (Shushin) chooses and announces kata  <b>Judging: flag system.</b> The elimination system with repechage will be applied	3 subgroups based on rank:  to 6 kyu 5-4 kyu.  <b>Elimination rounds-Semifinals-Final:</b> HEIAN Kata.  Kata is matched to the lower rank. The referee (Shushin) chooses and announces kata  <b>Judging: flag system.</b> The elimination system with repechage will be applied  3 kyu - dan <b>Elimination rounds-Semifinals:</b> HEIAN kata, Bassai Dai, Ji-On, Kan-Ku Dai.  Athletes chooses and announces kata.  <b>Final:</b> Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi. Athletes chooses and announces. (a different kata in the final). <b>Judging: score system.</b>

<b>INDIVIDUAL KUMITE</b> <i>(girls' and boys')</i>		
Grupa <b>A</b> (all kyu) Grupa <b>B</b> (to 8 kyu, 7 kyu, 6 kyu and higher) Grupa <b>C</b> (to 7 kyu, 6 kyu, 5 kyu and higher) Grupa <b>D</b> (to 6 kyu, 5-4 kyu)	Group <b>D</b> (5-4 kyu)  from the quarterfinals (8 athletes)	Group <b>D</b> (3 kyu - dan)
<b>Kihon Ippon Kumite</b> <b>Without protectors!</b> <b>TORI (attacker):</b> <ol style="list-style-type: none"> <li>1. Oi zuki jodan x1</li> <li>2. Oi zuki chudan x1</li> <li>3. Maegeri chudan x1</li> <li>4. Mawashigeri jodan x1 (<b>6 kyu</b> and higher)</li> </ol> <p><i>* from <b>hidari</b> zenkutsu-dachi stance</i></p> <b>UKE (defender):</b> <ol style="list-style-type: none"> <li>1. Age-uke / Gyakuzuki</li> <li>2. Soto or Uchi-uke/ Gyakuzuki</li> <li>3. Gedan-barai / Gyakuzuki</li> <li>4. Uchi-uke / Gyakuzuki (<b>6 kyu</b> and higher)</li> </ol> <p><i>* from <b>hidari</b> or <b>migi</b> zenkutsu-dachi stance</i></p> <b>Judging:</b> “overwiev” The elimination system with repechage will be applied.	<b>Jiyu Ippon Kumite</b> <b>Protectors are compulsory!</b> <b>TORI (attacker):</b> <ol style="list-style-type: none"> <li>1. Kizamizuki jodan x1</li> <li>2. Gyakuzuki chudan x1</li> <li>3. Maegeri chudan x1</li> <li>4. Mawashigeri jodan x1</li> <li>5. Ushirogeri chudan x1</li> </ol> <p><i>* from <b>hidari</b> zenkutsu-dachi stance</i>  <i>* 10 seconds to perform the attack</i></p> <b>UKE (defender): GO-NO-SEN</b> –any counterattack (allowed single counter-attack technique).  <p><i>* from <b>hidari</b> or <b>migi</b> zenkutsu-dachi stance</i></p> <b>Judging:</b> wazari technical point. The elimination system with repechage will be applied.	<b>Ko-Go Kumite</b> <b>Protectors are compulsory!</b> <b>TORI (attacker):</b> - Ko-Go Kumite rules apply.  <p><i>* free stance</i></p> <b>UKE (defender):</b> - Ko-Go Kumite rules apply.  <p><i>* free stance</i></p> <b>Judging:</b> Ko-Go Kumite rules apply. The elimination system with repechage will be applied
In case of a tie ( <i>hikiwake</i> ) – the winner is chosen using the flag system, <b>without</b> extra time ( <i>ketteisen</i> ).		

## INDIVIDUAL COMPETITIONS

1. In competitions judged using the flag system, the matches will be conducted in the single-elimination system with repechage.
2. Number of athletes from one club in one competition within one rank group: unlimited.
3. The minimum number of competitors in one competition in a given grade group: 5 athletes.
4. Athlete may not compete in the same competition (e.g., individual kata) in different age and/or rank groups.
5. Boys and girls start separately.
6. In case of insufficient number of athletes in a group, the athletes will be included in another group, which is closest (most similar) to the age group of these athletes.
7. Individual kata will be performed in pairs, the kata will be matched to the level of the lower rank, both in the Elimination rounds and in the finals.
8. In group D (3 kyu - dan), judges will use the score system.

## TEAM KATA

Group A and Group B (9 y/o and younger)	Group C and Group D (10, 11, 12, 13 y/o)
<p><b>Children's Team Kata (MIX).</b> <i>(boys' team, girls' team or mixed).</i></p> <p><b>No rank divisions, i.e. all ranks compete together.</b></p> <p><b>Judging:</b> flag system. Repechage.</p> <p><b>Elimination rounds-Semifinals-Final</b> HEIAN Kata. <i>One kata.</i></p>	<p><b>Girls' team kata.</b> <b>Boys' team kata.</b></p> <p><b>2 subgroups based on rank:</b></p> <p><b>to 4 kyu,</b> <b>3 kyu – dan</b></p> <p><b>Judging:</b> scoring system</p> <p><b>Elimination rounds-Semifinals-Final:</b> One kata chosen from: HEIAN katas, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi. <b><i>Bunkai in finals.</i></b></p> <p><i>*an athlete with a lower rank may be included in a group of higher ranks</i></p>
<p><i>* an athlete may only take part in one team and in one age group</i></p>	

## CADETS, JUNIORS, YOUTH, SENIORS

### CADETS: 14-15 y/o (born 2010, 2009) ranks: 6 kyu - dan

Girls' individual kata. Boys' individual kata.	<b>Elimination rounds:</b> Kata to choose from: Heian 3-5, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.  <b>Final:</b> any master kata from the WTKF/ITKF kata list, other than performed in the elimination rounds.
Girls' individual kumite. Boys' individual kumite.	<b>Elimination rounds:</b> Ko-Go Kumite <b>without</b> ( <i>ketteisen</i> ). <b>Semifinals-Final:</b> Jiyu Kumite.

### JUNIORS: 16-17 y/o (born 2008, 2007) ranks: 5 kyu- dan

Girls' individual kata. Boys' individual kata.	<b>Elimination rounds:</b> Kata to choose from: Heian 4-5, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.  <b>Final:</b> any master kata from the WTKF/ITKF kata list, other than performed in the elimination rounds.
Girls' individual kumite. Boys' individual kumite.	<b>Elimination rounds:</b> Ko-Go Kumite <b>without</b> ( <i>ketteisen</i> ). <b>Quarterfinals-Semifinals-Final:</b> Jiyu Kumite.

### YOUTH: 18-19-20 y/o (ur. 2006, 2005, 2004) ranks: 3 kyu- dan

Women's individual kata. Men's individual kata.	Any master kata from the WTKF/ITKF kata list, in final other than performed in the elimination rounds
Women's individual kumite. Men's individual kumite.	<b>Elimination rounds:</b> Jiyu Kumite. <b>Final:</b> Jiyu Kumite - Sanbon Shobu (3 matches).

### SENIORS: 21 y/o and older (born 2003 and earlier) ranks: 3 kyu- dan

Women's individual kata. Men's individual kata.	Any master kata from the WTKF/ITKF kata list, in final other kata than performed in the elimination rounds
Women's individual kumite. Men's individual kumite.	<b>Elimination rounds:</b> Jiyu Kumite. <b>Final:</b> Jiyu Kumite - Sanbon Shobu (3 matches).

## INDIVIDUAL COMPETITION

1. Kumite – single-elimination system with repechage.
2. Number of athletes from one club in one competition within one rank group: unlimited.
3. The minimum number of competitors in one competition in a given grade group: 5 athletes.
4. Athlete may not compete in the same competition (e.g., individual kata) in different age and/or rank groups.
5. Boys/Men and Girls/Women start separately.
6. In case of insufficient number of athletes in a group, the athletes will be included in another group, which is closest (most similar) to the rank and age group of these athletes.
7. Kata scoring system (points).

<b>CADETS + JUNIORS</b> <b>TEAM KATA</b>
<p>1. <b>Girls' team kata:</b> (Elimination rounds: Heian 3-5 or any master kata; final: other kata than performed in the elimination rounds, compulsory with BUNKAI).</p> <p>2. <b>Boys' team kata:</b> (Elimination rounds: Heian 3-5 or any master kata; final: other kata than performed in the elimination rounds, compulsory with BUNKAI).</p> <p><i>*Competitor at younger age can NOT be added to the older age group (youth + senior) and she or he can start just in one team</i></p>

<b>YOUTH + SENIOR</b> <b>TEAM KATA</b>
<p>1. <b>Women's team kata:</b> (any master kata, in finals other kata than during the elimination rounds, compulsory with BUNKAI).</p> <p>2. <b>Men's team kata:</b> (any master kata, in finals other kata than during the elimination rounds, compulsory with BUNKAI).</p> <p><i>* Competitor at younger age (cadet + junior) can NOT be added to the older age group and she or he can start just in one team</i></p>

# DESCRIPTION

## KIHON IPPON KUMITE, JIYU IPPON KUMITE

### Kihon Ippon Kumite.

#### NO PROTECTORS!

#### TORI: (the attacking competitor):

1. Oi zuki jodan x1
2. Oi zuki chudan x1
3. Maegeri chudan x1
4. Mawashigeri jodan x1 (6 kyu and above)

\* *tori may check the distance to uke before his first attack*

\* *attacks must be performed from the **hidari zenkutsu-dachi** stance in the order listed above: 1,2,3 & 4 (6 kyu+).*

**TORI ANNOUNCES HIS/HER ATTACK AND MAY PERFORM IT ONLY AFTER UKE HAS CONFIRMED THE ATTACK BY SAYING „OSS”**

**Each time an attack is performed in a wrong order – warning (overview note reduction).**

**Each time a wrong attack is performed - warning (overview note reduction).**

**If contact is found to be intentional or deliberate - disqualification of the competitor („Han-soku”).**

#### UKE (the defending competitor): GO-NO-SEN (after tori's attack)

1. Age-uke / Gyakuzuki
2. Soto lub Uchi-uke / Gyakuzuki
3. Gedan-barai / Gyakuzuki
4. Uchi-uke / Gyakuzuki (6 kyu+)

\* *uke should wait for the attack in yoi-dachi **with no block ready beforehand**,*

\* *although **uke** may step out of the attack line using „hiraki-ashi”, he/she must finish the counterattack in the „zenkutsu-dashi” stance,*

\* *the only **counterattack** that may be performed is **chudan GYAKU-ZUKI** in the **hidari** or **migi** zenkutsu-dachi.*

**Each time a wrong counterattack is performed - warning (overview note reduction).**

**If contact is found to be intentional or deliberate - disqualification of the competitor („Han-soku”).**

**Judging:** overall note „overwiev”.

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, without extra time (*ketteisen*)

### Kihon Ippon Kumite

– overview note reduction –

Making any of the following errors leads to *overview* note reduction.

TORI	UKE
<ul style="list-style-type: none"> <li>• <b>wrong stance</b> – other than listed above, other side</li> <li>• <b>attack performed too soon</b> (i.e. without being confirmed by the uke),</li> <li>• <b>wrong order</b> – other than listed above,</li> <li>• <b>wrong attack</b> – other technique than listed above – attack area or technique itself,</li> <li>• <b>stepping back after performing an attack</b> – no possibility for uke to perform the counterattack,</li> <li>• <b>blocking</b> – tori blocks uke's counterattack</li> </ul>	<ul style="list-style-type: none"> <li>• <b>wrong stance</b> – other than listed above, other side</li> <li>• <b>counterattack performed too soon</b> (i.e. before tori has finished his/her attack),</li> <li>• <b>wrong order</b> – other than listed above,</li> <li>• <b>wrong counterattack</b> – other technique than listed above – counterattack area or technique itself,</li> <li>• <b>waiting for tori's attack in other stance than yoi-dachi</b></li> </ul>

**If contact is found to be intentional or deliberate  
- disqualification of the competitor „Han-soku” (both tori and uke).**

## Jiyu Ippon Kumite.

**Protectors are compulsory!** (see description "PARTICIPATION CONDITIONS FOR ATHLETES")

### **TORI (attacker):**

1. Kizamizuki jodan x1
2. Gyakuzuki chudan x1
3. Maegeri chudan x1
4. Mawashigeri jodan x1
5. Ushirogeri chudan x1

\* time limit for each attack: 10 seconds (if exceeded - loss of the chance to perform the current attack).

\* attacks must be performed in the above order 1, 2, 3, 4, 5) from the **hidari** zenkutsu-dachi stance.

\* an attack may be performed after the uke's guard is broken, however the attack technique must be performed as a continuation of the break-up. If the attack is not continued, the breaking technique will be considered as a performed attack..

- **without announcing,**

- **without faking,**

(any faked attack made with an action of the body or hand or foot will be considered as a performed attack),

- **no sweeps or interceptions,**

(each try - Kei-koku penalty),

- **after an attack, transition to kamae – tori may not block any counterattacks.**

(each try - Kei-koku penalty)

**Wrong attack order - Kei-koku penalty each time.**

**Wrong attack** (also attacking from any other stance than **hidari** zenkutsu-dachi) – Kei-koku penalty.

**Stepping out of the bout area** – Jogai procedure.

In case of a contact during bout - circumstances and sanctions as to be assessed per Kumite rules.

### **UKE (defender): GO-NO-SEN** (after an opponent's attack)

\* counterattack must be preceded by a block or deflection of an attack; defence from **hidari** or **migi** zenkutsu-dachi stance

\* a counter-attack can be performed when the attacker has crossed the distance (crossed hands), but only after the guard has been broken without moving the body at the moment the guard has been broken

### **Allowed counterattacks:**

- any technique (but only single one).

- **no sweeps or interceptions,**

(each try - Kei-koku penalty),

- **without ostentatiously retreating, preventing the attacker from executing his techniques.**

(each try - Kei-koku penalty),

**Stepping out of the bout area** – Jogai procedure.

**Counterattack too soon** – penalty point (Saki).

In case of a contact during bout - circumstances and sanctions as to be assessed per Kumite rules.

**Judging: wazari technical point (4), ippon technical point (10), Ko-Go Kumite rules apply.**

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, **without** extra time (*ketteisen*).

The elimination system with repechage will be applied.



## Jiyu Ippon Kumite – CHILDRENS

– *penalty points* –

Each mistake will result in penalty point „Kei-koku” – apart from contact situation.

TORI	UKE
<ul style="list-style-type: none"> <li>• <b>wrong stance</b> – other than listed above, other side,</li> <li>• <b>wrong order</b> – other than listed above,</li> <li>• <b>wrong attack</b> – other technique than listed above – attack area or technique itself,</li> <li>• <b>fleeing after performing an attack</b> – no possibility for uke to perform the counterattack,</li> <li>• <b>blocking</b> – tori blocks uke's counterattack,</li> <li>• <b>sweep or interception</b> – completed or try of one,</li> <li>• <b>stepping out of the bout area</b> – Jogai.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>wrong stance</b> – other than listed above, other side,</li> <li>• <b>counterattack performed too soon</b> (i.e. before tori has finished his/her attack) – Saki, <i>exception: guard break followed by a counterattack without moving uke's body, like in KOGO Kumite,</i></li> <li>• <b>wrong order</b> – other than listed above,</li> <li>• <b>wrong counterattack</b> – other timing form than GO-NO-SEN or more than one technique,</li> <li>• <b>fleeing</b> – tori has no possibility to execute an attack,</li> <li>• <b>sweep or interception</b> – completed or try of one,</li> <li>• <b>stepping out of the bout area</b> – Jogai.</li> </ul>
<b>contact</b> – while attacking or counterattacking (Keikoku / Chui / Han-soku)	
<u>Loss of the chance to perform the current attack/counterattack – without penalty point:</u> <ul style="list-style-type: none"> <li>• <b>tori's time exceeded</b> (10 seconds),</li> <li>• <b>guard break with no continuation,</b></li> <li>• <b>faking</b> – each simulated technique (both attacks and counterattack),</li> <li>• <b>chika-ma</b> – distance is crossed with no reaction on either side.</li> </ul>	
All other rules according to the KO-GO Kumite regulations.	

## Ko-Go Kumite.

**Protectors are compulsory!** (see description “PARTICIPATION CONDITIONS FOR ATHLETES”).

**TORI (attacker):** Ko-Go Kumite rules apply.

**UKE (defender):** Ko-Go Kumite rules apply.

*\*both tori and uke fight from free stance.*

**Judging:** wazari technical point, ippon technical point, Ko-Go Kumite rules apply.

The elimination system with repechage will be applied.

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, **without** extra time (*ketteisen*).

### **STARTING CONDITIONS FOR ATHLETES:**

1. Appropriate age: according to the listed year of birth.
2. Valid medical sports examination.
3. **Valid accident and health insurance.**
4. **Protectors.**

Kihon Ippon KUMITE	Jiyu Ippon / Ko-Go / Jiyu KUMITE
All age groups NO PROTECTORS	All age groups Mouthguard  <b>From group D onward</b> additional groin protectors (boys/men) and breast protectors (girls/women)  These protectors must be worn under the karate-gi.  Competitors without these protectors may not participate in kumite.  If group C is included in D, protectors are required as for group D.

- Mouthguard is compulsory for all groups, starting from Jiyu Ippon KUMITE.
  - Boys and men: compulsory groin protector from Group D to Seniors. The protector must be worn under the karate-gi. Athletes without these protectors will not be permitted to fight.
  - Girls and women: compulsory breast protector from Group D to Seniors. The protector must be worn under the karate-gi. Athletes without these protectors will not be permitted to fight.
5. **Safety of the athletes.**  
Each athlete participating in a KUMITE competition must not wear:
- long fingernails and toenails (they must be cut shortly, otherwise the athlete will not be permitted to fight)
  - rings, chains, earrings, glasses, watches, hairpins and bobby pins (or other hard attachments in the hair), orthotics (or other hard supports for limbs or body parts, except those approved by the competition medical commission).
6. **Participation fee must be paid in advance.**
7. **The team leader must sign to the World Cup organizer, that their competing athletes have got: accident insurance, valid medical examinations, consent to publicity, GDPR and the Covid statement.**

### **REGISTRATION AND PARTICIPATION FEE:**

**ATTENTION!** Registration will be opened on **10th March 2024** and closed on **20th May 2024**.

Applications will be conducted through the PUKTFight System. A guide on how to apply will be available on <https://fight.pukt.pl/help/sign-guest>.

**PAYMENT:** Upon registration, it is necessary to make a payment and to attach a PDF file. Only after verification of the file by the organiser will the application be registered and accepted.

## **FEE:**

No.	Participation fee for each category	Starting fee
1.	Fee for Children, Cadets, Juniors, Youth, Seniors groups Clubs from abroad (members of WTKF based in Geneva, members of Justo Gomez's sensei school, members of ITKF)	<b>25 euro</b> per each individual category <b>40 euro</b> per team category <b>40 euro</b> per team coach <b>50 euro</b> per photographer

## **PAYMENT:**

**Please pay the entry fees by bank transfer to the PUKT account:**

**Polska Unia Karate Tradycyjnego**

**bank account: 41 1050 1445 1000 0090 8083 7249**

**ul. Grunwaldzka 15D, 32-005 Niepołomice**

Please write „WorldCup2024/NameOfTheClub” in the description.

The payment confirmation file (as a pdf document) must be attached to the application in the PUKT Fight system via [www.system.pukt.pl/](http://www.system.pukt.pl/).

## **Payment deadline:**

Entry fees must be paid by 1st June 2024. After this date, an additional €25/person must be added to each entry fee.

**A.** No entries will be accepted on the day of the competition and there will be no opportunity for making good any formal irregularities.

**B.** There will be no refund in case of resignation.

## **Judges:**

Applications for judges for the Open Traditional Karate-Do World Cup should be sent to: [biuro@pukt.pl](mailto:biuro@pukt.pl).

## **JUDGES**

Judges must bring their own HAKAMA (black), whistle and clean KARATEGI including navy blue (recommended) or white KARATEGI top.